

Attitude Maneuver (?? ? to ???) • Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45	CDR	Regeneration of ? 2 absorption cartridge in ? ? ? (end)
08:00–08:05	FE-1	Inspection of ? ? ? ?-1 separator
08:15–08:30	FE-1	Increment 4 payload status check
08:55–09:05		Prep for live TV feed
09:05–09:25		Live TV feed: 10 th Anniversary of ROSAVIAKOSMOS
09:25–10:40	CDR	Physical exercise (active rest)
09:25–10:05	FE-2	Maintenance of ? ? ?
10:40–10:50	CDR	Downlink of ? ? ? / ? ? counter data
11:25–11:40	CDR	Private family conference (<i>Ku-band</i> + <i>S-band</i>)
12:30–13:30		LUNCH
14:15–15:45	FE-2	Physical exercise (RED)
14:45–15:45	FE-1	Physical exercise (TVIS)
15:00–16:15	CDR	Physical exercise (active rest)
15:45–16:45	FE-2	Physical exercise (TVIS)
15:45–17:15	FE-1	Physical exercise (RED)
17:45–18:00	FE-2	Private family conference
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–20:45	FE-1	Private family conference
20:30–21:30	CDR, FE-2	Pre-sleep
20:45–21:30	FE-1	
21:30–06:00		SLEEP

- Notes:
1. See OSTP for references to US activities
 2. CDR: HDTV

End of radiogram